Step one: call a homeless shelter with your phone(you have a government free plan. To keep it active make a call from your phone at least once every month)

If you cant find a homeless shelter to live in, then call all of your contacts until you are able to get some money.

Step two: If you do get some money from a family member, go to walmart and buy a sleeping bag and a can opener so you can open and eat canned foods while homeless, then go get a haircut and get a buzz cut to keep you from worrying too much about having crazy looking hair every month, then go to a planet fitness to open a gym membership so you can walk in and take showers and use the bathroom during the month, then go to a post office to pay for a p.o box to receive mail, then go to a place where you can pay for a storage unit to put your stuff in safely without you having to worry about it being stolen.

Step three: call places where there are food pantries and food banks to know what day and time they will be open. (because you've went to a local food pantry before and they said they were open two weeks from the time you went there and you basically walked all the way there for no reason. So call ahead of time to be sure you will receive food if you go there on the day you choose to go to a food pantry/food bank.)

Step four: the most important step is to apply for governmental support and benefits like snap/EBT and other programs that can help you receive income for food and other things from government assistance.

Step five: the second most important step (and the thing you need the most to escape homelessness) is to find a job. Call everywhere that you can and ask if they are hiring. Applying online everywhere you can and follow up by calling to know the status of your application. Don't be picky and choose any job to see if you can do it or not because you have no choice but to start working somewhere that will pay you hourly.

Step six: once you have \$1500 of money saved up, go and look for a room for rent and then continue to work your job. When you do find a place to live (with roommates because that's the cheapest) then you will need to try and make more money from side hustles like taking a chance on making helpful youtube videos and drawing & writing scripts for nsfw animations to possibly earn more money from patreon.

Step seven: continue to get treatment for your schizophrenia and get a plan started with marassco and nesslebush again by calling them and working with your case manager to help apply for ssi/ssdi to have the financial security

That you deserve and to lower your chances of ever being homeless again.

Step eight: if you get enough money to buy a residence permit to a new English speaking country and are qualified for a long term visa there, take the risk to buy a plane ticket there and start a new life where homelessness isn't as likely as it is in the U.S. There are a few countries

that I can think of where homelessness is rare. So do your research and go there. This is your life and don't let anything or anyone stop you from living the best life that you want to live.